



Roadmap to the Zone: enhancing athletic performance

Robert Neff

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Imagine you had your own sport psychologist to design a mental skills training program just for you. What if the program laid out exactly what you had to do to find "THE ZONE" and perform your best? What if it prepared you for the tough times by giving you tools to overcome adversity? Do you think the chances of reaching your dreams would be better? This book has been designed to do all those things and more. We think it's the next best thing to working with an actual sport psychologist.

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